



Contra Costa County Food Fiesta 2023

“Farm to Fork”

April 15, 2023 • Contra Costa Fairgrounds

9:00AM – 1:00 PM

**** 2023 Special Event Features ****

The theme of this year’s event is “Farm to Fork” emphasizing the benefits locally sourced food has to improve freshness, quality, environmental sustainability and local commerce.

To highlight this, ONE ingredient in each food driven submission must be sourced from within California and noted on your recipe card that it meets this perimeter.

As an added incentive to hyper localize, an additional bonus point will be added if the ingredient is from within Contra Costa County.

Categories for entry

1. AESTHETICS

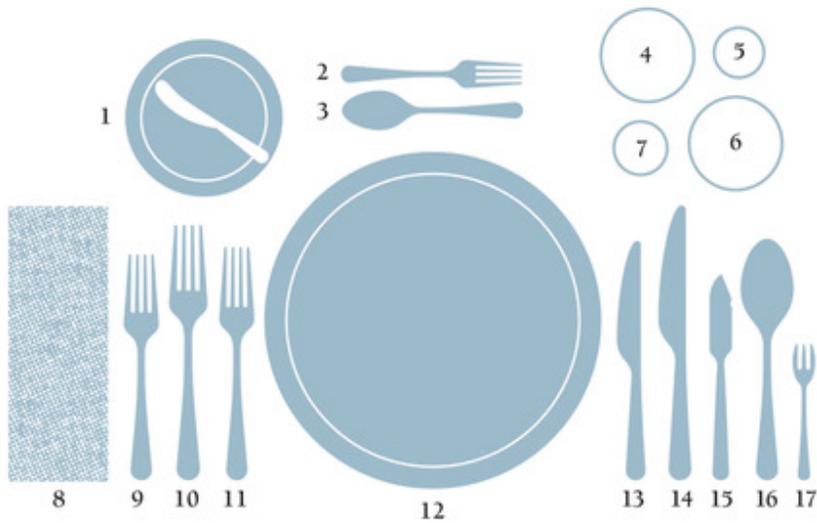
a. CAKE DECORATING

- i. Cake must be baked by the exhibitor.
- ii. A real cake must be used in this unit.
- iii. The cake should be a single 8 - 9-inch round or square cake, or a 9 x 13-inch oblong cake.
- iv. Cake should be uniform in shape and thickness.
- v. No character pans or cut-up cakes in this unit.
- vi. Only edible materials can be used for decorating (candies, pretzels, coconut, etc.)
- vii. The cake board should be firm, disposable surface, cut parallel to the shape of the cake and must be 1 ½ "on each side from the base of the border, not the cake.
- viii. The surface should be covered. Freezer paper is not advised because it absorbs grease. • The cake board must be covered with a food safe material-such as aluminum foil
- ix. Cake decorating entry must include one neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Youth Name & Cake Theme
- x.

b. TABLE SETTING

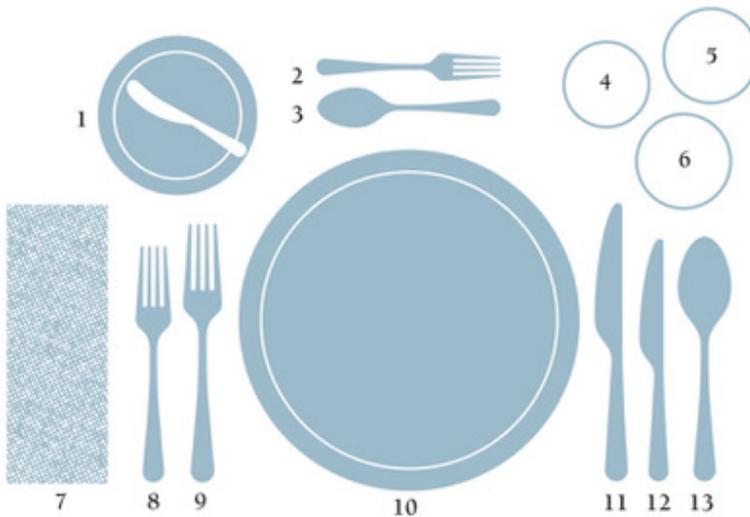
- i. Participants will draw to be assigned their table setting theme (Casual, Semi Formal or Formal)
- ii. All materials will be provided to set the given setting
- iii. Only participants are allowed to set up
- iv. Each participant will have 10 minutes to complete their table setting for 4 people
- v. Following participants judging they, in addition to exhibit helpers will return items to staging area

FORMAL PLACE SETTING



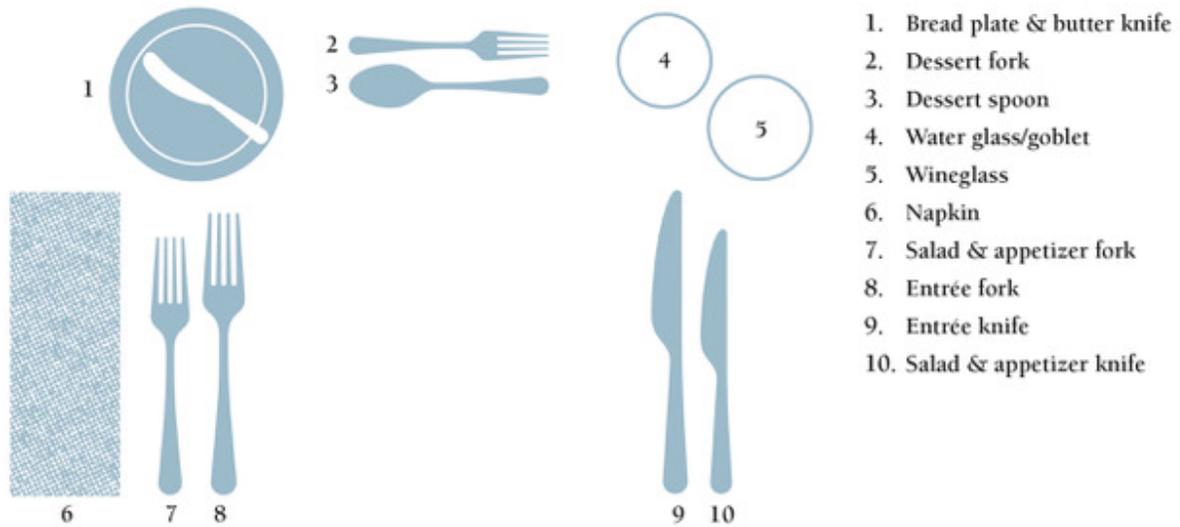
1. Bread plate & butter knife
2. Dessert fork
3. Dessert spoon
4. Water glass / goblet
5. Sherry glass
6. Wineglass
7. Champagne glass
8. Napkin
9. Fish fork
10. Entrée fork
11. Salad fork
12. Charger/place plate
13. Salad knife
14. Entrée knife
15. Fish Knife
16. Soup spoon
17. Oyster fork

SEMI-FORMAL PLACE SETTING



1. Bread plate & butter knife
2. Dessert fork
3. Dessert spoon
4. Water glass
5. Wineglass
6. Wineglass
7. Napkin
8. Salad & appetizer fork
9. Entrée fork
10. Charger/place plate
11. Entrée knife
12. Salad & appetizer knife
13. Soup spoon

CASUAL PLACE SETTING



c. MENU PLANNING/PRESENTATION

The goal of this contest is for the participant to present the table setting and ONE dish from their menu they created to the evaluators. The 4-H'er acts as the host and the evaluator as their guest. The 4-H'er should extend a welcome to their guest and guide their guest through the meal as if actually hosting the meal. Participants should explain the ideas behind the theme, menu items and table setting technique. For example, for a formal theme, if your dessert plate and dessert utensils will be brought in after dinner, be sure to explain to the judge.

4-H'ers need to describe the food; including general ingredients and basic preparation. If there are temperature considerations, like ice cream or sorbet for a picnic, explain them to the judge. Try to anticipate and answer any questions the evaluator may have before they ask them.

Present your example dish from your menu during your explanation of the courses. Needed materials:

1. Menu for evaluator (4" x 6" minimum size)
2. All non-food materials needed for your single place setting including but not limited to dishes, glassware, cutlery, candlesticks, centerpiece, table linens and accessories
3. Single dish (hot or cold) for service
4. Recipe card for food service item

2. BAKING *Please read special event note for this event*

- a. Cookies

- i. 4 of your best cookies on a paper plate covered with plastic wrap (entries/plate will not be returned)
- ii. Cookie entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of cookie, name of entrant and full recipe
Recipe Sheet: Youth Name & Cookie Name

b. FRUIT PIES

- i. One single, 9-inch pie with fruit filling in a disposable pie tin (entries/tin will not be returned)
- ii. Pie dough/crust and filling must be scratch, quick prep ingredients
- iii. Fruit Pie entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of Pie, name of entrant and full recipe
Recipe Sheet: Youth Name & Pie Name

c. YEAST BREADS

- i. One single loaf of yeast risen dough
- ii. Bread Machine use is disallowed for this entry
- iii. Loaf will be presented in whole, wrapped in plastic wrap and without a pan.
- iv. Yeast Bread entry must include two attachments neatly hand-written or typed cards no
- v. Outside Characteristics
 - 1. Color - even, golden brown
 - 2. Shape, characteristic for product
 - 3. Size – large compared to weight Inside
- vi. Characteristics
 - 1. Tender, springy crumb
 - 2. Neither dry nor doughy
 - 3. Small holes, longer from top to bottom
 - 4. Color even and characteristic of ingredients
 - 5. Used a whole grain flour mixture, if applicable
- vii. Appearance and Aroma
 - 1. Well-blended, characteristic of ingredients
 - 2. Appropriately aromatic for this type; no yeasty, sour, rancid or musty odor
 - 3. Appealing to the eye
- viii. larger than 4x6" with:
Card #1: Name of Yeast Bread, name of entrant and full recipe
Recipe Sheet: Youth Name & Bread Name

3. COOKING

a. MAIN DISH

- i. Main dish prepared for presentation may be hot or cold service
- ii. Main Dish entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of Dish, name of entrant and full recipe
Recipe Sheet: Youth Name & Dish Name

b. SIDE DISH - COLD

- i. Cold Side dish prepared for presentation must cold service
- ii. Cold Side Dish entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of Cold Side Dish, name of entrant and full recipe
Recipe Sheet: Youth Name & Cold Side Dish Name

c. SIDE DISH - HOT

- i. Hot Side dish prepared for presentation may be hot or cold service
- ii. Hot Side Dish entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of Hot Side Dish, name of entrant and full recipe
Recipe Sheet: Youth Name & Hot Side Dish Name

4. PRESERVING

a. CANNED & PICKLED

- i. **Pack** - Processed in boiling water canner with correct altitude adjustment made; no open kettle canning. Jar filled to appropriate headspace (½ inch). Good proportion of solids and liquids; neatly packed. Liquid covers all solids; no floating pieces. Quality of Product
- ii. **Color** - Even color, characteristic of cured or cooked product. No artificial coloring except for a few specialties cucumber or apple ring pickles. Sauerkraut is off-white to light straw, translucent. Color and translucency uniform throughout the jar. Free of discoloration, blemishes on food pieces. Fermented pickles and sauerkraut completely cured. Eye Appeal and
- iii. **Consistency** - Pieces appear plump, not shriveled or shrunken. No internal holes in pickles. Firm for pickles and sauerkraut. Softer for some relishes and chutneys. Food pieces cut or chopped attractively, not too fine in relishes. Evenly distributed throughout container. No separation or layering. Spices and seasonings not overwhelming; attractive in pack.
- iv. **Quality of Liquid** - Clear, no unnatural cloudiness, free of bubbles. Free of trapped air bubbles; no active bubbling. Free of sediment and foreign matter (stems, cores, peel, seeds, etc.) and mold.

- v. Container and Recipe Card - Vacuum-sealed. Clean, clear glass standard canning jar; appropriate size jar for available processes. New lid and band free of rust; screw band clean, unbent and easily removed. Label clean, neatly placed and contains name of product, date processed. Recipe card includes processing method and time, clear, legible, and complete. Comment. Entries must be sealed without the button released
- vi. Entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of Entry, name of entrant and full recipe
Recipe Sheet: Youth Name & Entry Name

b. JERKY

- i. **Color** - Characteristic of product. No excessive discoloration. * Color uniform throughout container. Pretreatment, if done, appropriate.
- ii. **Size and Shape** - Pieces in exhibit are uniform in size and shape; leathers uniform in thickness. Pieces neatly cut; no ragged edges. Size suitable for later use.
- iii. **Texture** - Pieces uniformly dry throughout. Fruits, tomatoes: Leathery and pliable. If the piece of fruit is folded over itself, it springs back. Not sticky or brittle. Free from cores and objectionable seeds or peel. Vegetables: Brittle and crisp; tough or cracking hard. Dry enough to rattle. Herbs: Pulverize or become like dust when rubbed. Leathers: Leathery, yet pliable. Not sticky, crisp, or brittle. Rolls without tearing or breaking.
- iv. **Packaging, Labeling and Recipe Card** - Label is neat, clean and contains name of product, date processed. Appropriate size and material for product; airtight closure. If in jar: No cracks, chips or rust. Lid/band free of dents, rust, corrosion or dents; clean and easily removed. No foreign matter or visible moisture. Recipe card includes processing method and time, clear, legible, and complete
- v. Jerky entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of Jerky, name of entrant and full recipe
Recipe Sheet: Youth Name & Jerky Name

c. JAMS & JELLIES

- i. **Presented item will be judged on: Score for Canned Food**
Color Fresh, natural color representative of dominant fruit; fruit pieces are translucent. Color uniform throughout. Free of discoloration, especially from scorching.
Consistency - Soft enough to spread; not runny or overly thick; not gummy or sticky. Fruit pieces are tender and hold their shape. Pieces of fruit are

uniform in size. Fruit pieces evenly distributed throughout container. No separation or layering.

Container - Vacuum-sealed. Clean, clear glass standard canning jar. New lid and band free of rust; screw band clean, unbent and easily removed. Label clean, neat.

Pack - processed in boiling water canner with correct altitude adjustment made; no paraffin allowed. Jar filled to appropriate headspace (¼ inch)

- ii. Hot Side Dish entry must include two attachments neatly hand-written or typed 3x5 info card and attached recipe information sheet with:
Card #1: Name of Hot Side Dish, name of entrant and full recipe
Recipe Sheet: Youth Name & Hot Side Dish Name

CONTRA COSTA COUNTY 4-H FOOD FIESTA RECIPE SUBMISSION CHECKLIST

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?	YES	NO
Name of recipe	_____	_____
Complete list of ingredients	_____	_____
Size cans, number of packages, cans, etc. given *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
Description for combining all ingredients	_____	_____
LIST OF INGREDIENTS		
Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can No brand names are used.	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
Clear marking of California/C.C. Co sourced ingredient	_____	_____
DIRECTIONS		
Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____

RECIPE

NAME: _____ AGE: _____

DIVISION: (CIRCLE) PRIMARY NON-PRIMARY

RECIPE TITLE: _____

SERVES: _____ PREP TIME: _____ COOK TIME: _____

TOOLS NEEDED : _____



 UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources
4-H Youth Development Program

FOOD FIESTA 2023

AMOUNT: 

INGREDIENTS : 

DIRECTIONS : _____



RECIPE EXAMPLE

4-H Shamrock Salad

6-ounce package lime gelatin	(not just 1 package lime gelatin)
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	(not just 1 package/what kind) Low fat, Fat free, etc.)
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
2 cups green grapes, halved, seeded	(not just grapes also color/kind) Red, concord, green)
2 cups chopped celery	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
½ cup chopped pecans	(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)
8-ounce carton frozen low-fat whipped Topping, thawed	(indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin	
1 ½ cups boiling water	

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)